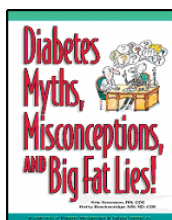


Live Well with Diabetes

Identify the Problems with Type 2 diabetes	Know the Cause	Available Treatments <u>#1 treatment:</u> ↑Exercise & food portion management at meals	How will you know if you have this?	☑ Check here if you think this is a problem for you & discuss with your doctor
Insulin Resistance (your cell doors are rusty and not sensitive to the insulin you make)	<ul style="list-style-type: none"> Genetics- the survivor gene helps you store Getting older Environment- your body was made to work hard, unlike life today. ↓ activity = over weight	In addition to more activity, medicines are available to treat Insulin Resistance <ul style="list-style-type: none"> Actos Avandia 	Look at your body: If you are heavy, it is likely you are insulin resistant. This alone does not give you diabetes but puts you at risk if you are not able to make enough insulin.	
Leaky Liver (excessive sugar from the liver)	↓ Amounts of insulin being made	Metformin is used to treat the Leaky Liver. It also helps with the treatment of Insulin Resistance	If you find your fasting blood sugar above normal, and you have not eaten while you slept, it is a sign that you do not make enough insulin in the night to turn down the liver faucet.	
Pooped Out Pancreas (Not enough insulin being made)	Genetics: The ability to make enough insulin over a lifetime is set up by genetics. A person with a “Cadillac engine” will not get diabetes. A person with a “Chevy engine” might, especially if they have insulin resistance	Several medicines are available to “kick your pancreas to make more insulin”. They include: glipizide, glyburide, Amaryl, gluconorm, Starlix to name a few	A lack of insulin will cause your fasting blood sugars and your after meal blood sugars to rise above normal range. Test a few blood sugars to see if this is a problem for you.	



From Diabetes Myths, Misconceptions, and Big Fat Lies!
 By Kris Swenson, RN, CDE
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